Mini Plus



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AUTO
PULSE
Le Mini Plus
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PLEASE READ THE SAFETY INSTRUCTIONS (P.2-3) THROUGH CAREFULLY BEFORE USING YOUR APPLIANCE.

Contents

IMPORTANT SAFEGUARDS

When using electrical appliances, basic safety precautions should always be followed including the following:

1. Read all instructions.
2. To protect against risk of electrical shock do not put the food processor in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning.
5. Avoid contacting moving parts.
6. If the supply cord is damaged, or if the appliance is damaged in any manner, it must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard
7. The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock or injury.
8. Do not use outdoors.
9. Do not let cord hang over edge of table or counter or touch hot surfaces.
10. Keep hands and utensils away from moving blades or discs while processing food to reduce the risk of severe injury to persons or damage the food processor. A scraper may be used but must be used only when the food processor is not running.
11. Blades are sharp. Handle carefully.
12. To reduce the risk of injury, never place cutting blade or discs on base without first putting bowl properly in place.
13. Be certain cover is securely locked in place before operating appliance.
14. Never feed food by hand. Always use food pusher.
15. Do not attempt to defeat the cover interlock mechanism.
16. This product is designed for household use only.
17. Sharp blade - Always use food pusher.
18. Moving Parts - Keep fingers out of feed and discharge openings.
19. Sharp Blade - Never use slicer unless completely assembled.
20. Do not place on or near a hot gas or electric burner or in a heated oven.
21. Always attach plug to appliance and check that the control is STOP before plugging cord into wall outlet. To disconnect, turn the control to STOP, then remove plug from wall outlet.
22. Do not use appliance for other than intended use.
23. Never add to container while appliance is operating.
24. Unplug before cleaning and before assembling or removing parts and if the appliance is left unattended.
25. Appliances can be used by persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or

instruction concerning the use of the appliance in a safe way and if they understand the hazards involved

26. This appliance shall not be used by children. Keep the appliance and its cord out of reach of children. Children shall not play with the appliance.
27. The following usages are not covered by the warranty : in kitchen areas reserved for personnel in shops, offices and other workplace environments, on farms, by the patrons of hotels, motels and other commercial environments of a residential nature, and in bed and breakfast-type environments.
28. Only for citrus press use : This appliance can be used by children aged from 8 years and above if they have been given supervision or instruction concerning use of the appliance in a safe way and if they understand the hazards involved. Cleaning and user maintenance shall not be made by children unless they are aged from 8 years and above and supervised. Keep the appliance and its cord out of reach of children aged less than 8 years

SAVE THESE INSTRUCTIONS

ELECTRICAL REQUIREMENTS

FOR USA AND CANADA ONLY

For chrome plated models only:

CAUTION : To ensure continued protection against risk of electric shock connect to properly earthed outlets only

For all other models: To reduce the risk of electric shock, this equipment has a polarized plug (one blade is wider than the other). This plug will fit in a polarized outlet only in one way. If the plug does not fit fully in the outlet, reverse the plug. Do not change the plug in any way. If it still does not fit, contact a qualified electrician.

The electrical rating listed on the unit is based on the attachment that draws the greatest load.

Other attachments might draw significantly less power or current.



Pusher

Feed tube



Lid



mini blade*



Mini bowl



Main bowl

Motor shaft



Motor unit



Stainless steel main blade



BlenderMix



Egg whisk



Support + 2mm slicing/grating disc



Citrus press

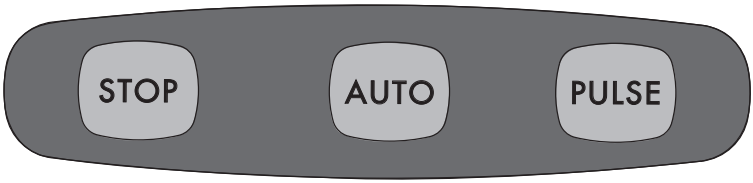


Spatula



Storage box

*to be used with the support



STOP: press this button to switch the machine off.
AUTO: press this button to process in continuous mode and achieve an even texture. Ideal for chopping, processing and blending finely, as well as for whisking, slicing and grating.
PULSE: press this button for intermittent processing. The machine automatically switches itself off as soon as you release this button, giving you complete control of the task from start to finish. Ideal for rough chopping or processing.
For preparations such as soups and purées, start by pressing the PULSE button, then switch to continuous mode. This way, you will achieve a smoother consistency.
We recommend you hold the pulse button for 2 seconds and then release.

Always press the "STOP" button before releasing the lid.
The appliance is fitted with a failsafe which will automatically switch the motor off if it starts to overheat due to prolonged use or overloading.
Press the "STOP" button and wait for the appliance to cool completely before switching it on again.

MAXIMUM PROCESSING CAPACITIES

	MINI PLUS
Brioche	0.4kg
Bread	0.4kg
Shortcrust pastry	0.5kg
Thin soup	0.6l
Minced meat	0.5kg
Carrots	0.6kg
Beaten egg white	2 to 4

Max proc. capacities are calculated for the main bowl

FITTING THE BOWL

Before using your appliance for the first time, wash all the parts thoroughly (except the motor unit)



Place the bowl on the motor unit with the handle to the left hand side.



Turn the bowl anti-clockwise as far as it will go making sure it firmly locks into position. The handle will now be at the centre of the motor unit.



Place the chosen attachment in the bowl (see details on following page).



Position the lid, completely flat, by placing the feed tube to the left of the handle.



Turn the lid in an anti-clockwise direction until the locking device clicks into position at the top of the handle.

W A R N I N G

Double failsafe : the machine will only work if both the bowl and the lid are correctly locked into position



Stainless steel blade: place the blade directly in the main bowl, over the motor shaft.
Put the lid on, and lock into position.



BlenderMix: for use with the main blade. For small quantities place it in the bowl otherwise position it in the lid.



To slice: place the disc with its slicing blade facing upwards.



To grate: Place the disc with its grating blades facing upwards.

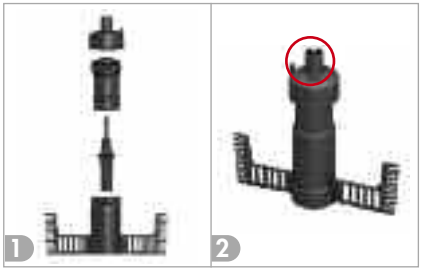


Discs: place the selected disc on the support, turning it gently in an anti-clockwise direction.



Lower the support, fitted with a disc, onto the motor shaft in the centre of the bowl. Put the lid on and lock into position.

Please be careful when handling the blades and disc as they are extremely sharp.



Egg whisk: make sure to assemble the 4 parts correctly.
Check that the metal shaft is correctly locked.



Place the egg whisk directly in the main bowl on the motor shaft.
Put the lid on, lock it into position and remove the pusher.



Mini Bowl: fit over the central spindle inside the large bowl.



The small main blade also fits onto the support and locks into place when rotated in a slight anti-clockwise direction.



Place the mini blade on the motor shaft in the mini bowl.

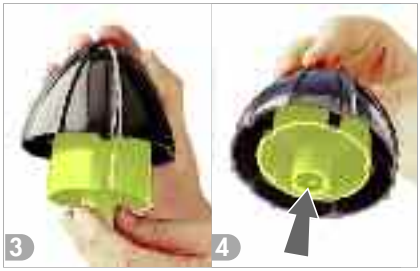


Place the lid on top of the bowl ensuring it is completely flat with the feedtube to the left hand side of the handle and turn anti-clockwise until it clicks into place.

Please be careful when handling the blades and disc as they are extremely sharp.



Fit the citrus press basket onto the bowl and turn anticlockwise until it locks into position.



Select the cone according to the size of your citrus fruit. **The large cone should always be slotted onto the small one.**



Slide the cone onto the motor shaft. Place the lever arm opposite the locking system and clip the tab onto the bottom of the bowl.



Place the fruit on top of the cone and press down gently.
Excess pressure is unnecessary and may cause damage



Lower the arm, to hold the fruit in place, switch the machine on and exert a little pressure on the arm until all the juice has been extracted.



Switch the machine off before raising the arm, to avoid any splashing. Gently release the pressure from time to time in order to extract as much juice as possible.

When juicing grapefruit, release the pressure very slightly occasionally, to extract the maximum amount of juice.



Stop the motor and remove the lid by turning it clockwise.



You can then lift out the mini bowl, keeping the mini-blade inside.



Carefully remove the mini-blade, before putting the mini bowl down.



Carefully remove the blade, holding the rim away from the blades.



Next, remove the support by rotating it, retaining a firm grasp on the disc. The disc can also be left fixed to the support for cleaning.



Storage Box: To ensure safe storage of sharp blades please ensure accessories are placed in the correct position in the storage box.

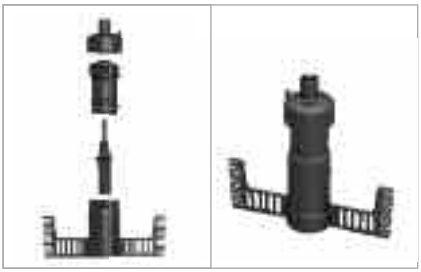
Always unplug your appliance before cleaning it.



Use a soft sponge with hot water and washing-up liquid to clean the attachments.



To clean the bases of the stainless steel blade and the egg whisk, use a bottle brush.



The egg whisk can be dismantled for easy cleaning. Ensure you assemble all the parts correctly



Motor unit: wipe with a soft, damp cloth.

You must follow certain rules to avoid seriously damaging the removable parts:

- Dishwasher: select the minimum temperature (below 40°C / 100°F) and avoid the drying cycle (generally above 60°C / 140°F)
- Washing by hand: do not leave the parts to soak in detergent for too long. Avoid abrasive products (e.g. Brillo, pads).
- Detergents: read the instructions for use to check their compatibility with plastic items.

Do not soak the parts. Wipe after washing.

Be sure to wipe your stainless steel parts to avoid oxidation marks.They do not affect the quality of the blades, discs and bowls.

Some foodstuffs such as carrots tend to stain plastic. Rubbing with a piece of paper towel and a little vegetable oil will remove most of the staining.

Always handle the blades and discs with care, as they are extremely sharp. Never immerse the motor unit in water.



Never use your hand to push the food down the feed tube.



Never put any utensils or objects down the feed tube other than pusher provided.



Never attempt to chop bones (even small ones). The machine is not intended for this purpose. You will irreparably damage your main blade.



Liquids: Never fill the bowl more than one-third full. We recommend that you fill it below the top of the central spindle.



Solids: Never fill the bowl more than two-thirds full.



Always remove the pusher from the feed tube when whisking egg whites as they will not properly aerate with the pusher in place.



When using the Main Bowl or the Mini Bowl you can add either liquids or other ingredients via the feed tube.



The lid must be released before trying to remove the bowl. If you can not release the bowl it is because you have not released the lid.



Never exert too much pressure on the pusher when using the discs, otherwise the motor will slow down then stop. If this happens, press on the STOP button and wait a moment before switching the appliance back on.



You can slice and grate in one operation without emptying the bowl. Simply reverse the slicing/grating disc.



For small quantities you can in one operation slice, grate and make a vinaigrette or mayonnaise without emptying your bowl. Simply position the mini bowl above the vegetables in the main bowl.



Hold the top of the blade securely when tipping out the contents of the bowl.

SIMPLICITY

- AUTO button: the motor adapts its speed to the task at hand.
- PULSE button: for more control over the end result.
  This is the setting you need for precision chopping or blending.
- Pop soft foods (e.g. meat, fish or soft cheeses) into the freezer for a few minutes to firm them up before chopping, grating or slicing them in your food processor.
  NB. they should be firm, not frozen!

PRACTICALITY

- If you are carrying out several tasks in a row and do not want to spend your whole time washing up, begin your processing in the mini bowl, then move on to the large one. Start with the hard, dry ingredients and end with the liquid ones.
- If your appliance starts to vibrate, carefully wash and dry the feet, and check that you have not exceeded the maximum capacities shown on page 5.

MINI BOWL

- The mini bowl is ideal for processing small amounts. Use it to chop onions or herbs, mince meat, or whizz up dips, salad dressings and mayonnaise.
- Before chopping fresh herbs, check that both the herbs and the bowl are perfectly clean and dry. This will ensure that you get the very best results. The herbs will also keep for longer.
- You can use the mini bowl directly as a serving dish, providing you remember to remove the metal blade first!

MAIN BOWL

- Liquid ingredients: never fill the bowl more than a third full.
- Solid ingredients: never fill the bowl more than two-thirds full.



METAL BLADE

- When processing large amounts of meat or vegetables, cut the food into 2-cm pieces.
- If your are chopping meat or fish, use the pulse setting to control the end result.
- For vegetable purées, cut the cooked vegetables into large pieces before putting them in the bowl with the metal blade. Use the pulse setting first, then switch to continuous mode (AUTO) until the vegetables reach the desired consistency.



- Soft doughs (brioche, choux pastry, etc.): Magimix food processors work on the rapid kneading principle. Doughs are kneaded for 30 seconds to 1 minute - the exact time depends on the amount and type of dough. Follow the instructions carefully for each recipe.
- Normal doughs: for faster results, leave the dough to rise or prove at (or slightly above) room temperature.

As flour is very light, you may sometimes notice a cloud of flour escaping from the bowl. To avoid this happening, only add the liquids (water, milk, etc.) once you have put all the other ingredients (salt, flour, butter, eggs, etc.) in the bowl. You can then switch your food processor on.

- You can store dough in the freezer for up to 2 months, providing you wrap it carefully in cling film. Remember to take it out the day before you intend to use it.

BLENDERMIX



- Soups, pancake batters, cocktails: put the metal blade in the bowl first, then add all the ingredients. Next, position the BlenderMix in the bowl and switch your food processor on.

EGG WHISK

- Make sure your bowl is clean and dry.
- Remember to remove the pusher from the lid to let in enough air!
- Beaten egg whites: for lighter egg whites, use eggs that are at room temperature.
- Whipped cream: do not use fat-free or low-fat cream, as it will not whip! Make sure the full-fat whipping or double cream you use is chilled.
- Place the food processor bowl in the freezer for 10 minutes beforehand. If you can track it down, add some powdered stabiliser (e.g. Whip It) to the cream, as this will keep it stiff for several hours in the fridge.
- Keep a close eye on the cream while it is being whipped, to avoid it turning into butter.



CITRUS PRESS

- There are 2 cones: a small one for lemons and limes, and a large one for oranges and grapefruit.



In order to make them accessible to everyone, our selection of recipes are **easy to follow and cheap to make.**

They do not require any particular skills. To help you use your Mini Plus, you will find the following sketches alongside each recipe:


Main blade


BlenderMix


Egg whisk


Citrus press



2-mm grating disc



2-mm slicing disc


Mini bowl

Abbreviations		
tsp = teaspoon	pt = pint	oz = ounce
tbsp = tablespoon	fl oz = fluid ounce	lb = pound
g = gram	1 bowl = 250-300 g	

1 PULSE = Press on the PULSE button for 1 to 2 seconds.

In recipes, words marked with an asterisk * are explained in the glossary on page 76.



Basic preparations

Mayonnaise

Preparation: 3 min.
Cooking: none

Ingredients
(for 1 bowl)

- 1 egg yolk
- 1/4 tsp mustard
- 250ml (1/2 pt) olive or salad oil
- 2 tsp wine vinegar or 2 tbsp lemon juice
- Salt and pepper

In the mini bowl fitted with the mini blade, place the egg yolks, half the vinegar or lemon juice and the mustard.

Blend for 20 seconds and with the machine still running pour the oil in via the feed tube.

Stop the machine when all the oil has been added and the mixture has become thick and creamy.

Add the remaining vinegar or lemon juice and seasonings, process briefly to mix them in.

Tips: for a softer mayonnaise, use a whole egg instead of just the yolk. The yolk must be at room temperature.

Aïoli

Preparation: 5 min.
Cooking: none

Ingredients
(for 1 bowl)

- 1 bowl mayonnaise
- 3 garlic cloves

Chop the peeled garlic cloves finely in the mini bowl, using the pulse button, then gently add them to the mayonnaise.



Herb mayonnaise

Preparation: 10 min.
Cooking: 5 min.

Ingredients
(for 1 bowl)

- 2 shallots
- 7 tbsp unsalted butter
- 2 sprigs tarragon
- 2 egg yolks
- 7 tbsp vinegar
- Salt & pepper

Chop the shallots and tarragon in the mini bowl (4-5 pulses).

Put the resulting mixture in a small, thick-bottomed saucepan with the vinegar, salt and pepper. Reduce* to half its original volume over a low heat.

Pour the reduction into the mini bowl. Add the egg yolks and pulse 3 times.

Add the diced unsalted butter and pulse 5-6 times until the sauce reaches the right consistency.

Serve with grilled red meat.

Tapenade

Preparation: 10 min.

Ingredients
(for 1 bowl)

- 250g (9 oz) black olives
- 5 anchovies in olive oil
- 1 tbsp capers
- 2 tsp mustard
- Juice of 1 lemon
- 200ml (4 fl oz) olive oil
- Pepper

Stone the olives. In the mini bowl, place all the ingredients except the oil.

Blend for 30 seconds, then gradually add the oil via the feed tube, switching the machine off once all the oil has been absorbed.

Store the tapenade in a cool place in a screwtop jar.



Whipped Cream

Preparation: 5 min.
Cooking: none

Ingredients

- 200ml whipping cream
- 1 tsp icing sugar

20 minutes beforehand, place the cream and main bowl in the fridge.

Take the bowl from the refrigerator and fit on machine. Fit the egg whisk.

Pour the cold cream into the bowl.

Close the lid and remove the pusher. Switch on.

When the cream is sufficiently stiff, add the icing sugar and switch the machine on for a few final seconds.

The preparation time will vary according to the type of cream you use. Make sure the cream is not over-whipped, otherwise it may turn to butter.



Egg Whites

Preparation: 5 min.
Cooking: none

Ingredients

- 4 egg whites

Break the eggs and separate them (the yolks can be kept for making custard, crème patissière, omelettes, etc).

Make sure the main bowl is perfectly dry and free from grease, then fit the egg whisk. Place the egg whites inside, fit the lid and **remove the pusher.**

Switch the machine on and immediately add a pinch of salt (for a savoury recipe) or sugar (for a sweet recipe) via the feed tube, as this helps to stiffen the beaten egg whites.

Leave the machine running for about 4 minutes.

You can use this recipe for meringues, mousses or cakes.

We recommend processing for 1 minute per egg white used.

Raspberry Coulis



Preparation: 5 min.
Equipment: conical sieve

Ingredients
(serves 4)

- 300g (12 oz) fresh or frozen raspberries
- 100g (4 oz) caster sugar
- 1 lemon
- 1 glass (4 fl oz) cold water

Place the raspberries and sugar in the main bowl, fitted with the main blade and the BlenderMix attachment.

Blend for 2 minutes, gradually adding the water via the feed tube.

Using the citrus press, extract the lemon juice and stir into the fruit mixture.

Either serve the coulis as it is or sieve it first to remove the pips.

Tip: this coulis can be made with other, sweeter types of fruit, in which case, reduce the quantity of sugar used by 20% or 30%.

Shortcrust Pastry



Preparation: 5 min.
Resting: 1 hour
Equipment: 28 - 30 cm (11 - 12-inch) tart ring or quiche tin

Ingredients
(for 450 g (15 oz))

- 250g (8 oz) plain flour
- 125g (4 oz) softened butter
- 80ml (2 fl oz) cold water
- 1 pinch of salt

Place the flour, salt and butter in the bowl fitted with the main blade. Process until it ressembles fine breadcrumbs.

With the motor still running add the cold water gradually via the feed tube.

Turn the machine off as soon as the pastry forms a ball.

Leave to rest for 1 hour in a cool place.

Preheat the oven to 180°C / 355°F (gas mark 4)

Bake blind for 20 min.



Pancake Batter

Preparation: 3 min.
Resting: 2 hours

Ingredients
(for 16 pancakes)

- 250g (8 oz) plain flour
- 1 tbsp oil
- 3 eggs
- 100ml beer
- 500ml (1 pt) milk
- 1 pinch of salt

Place the flour, eggs, oil, beer and salt in the bowl with the main blade and the BlenderMix attachment.

Blend for 30 sec., then gradually add the milk via the feed tube and blend for a further 2 min.

Tip: the pancakes will be even better if you leave the batter to stand for 2 hours beforehand.



Waffle Batter

Preparation: 10 min
Resting: 1 hour
Cooking: 5 min
Material: waffle iron

Ingredients
(for 12 waffles)

- 250g flour
- 400ml milk
- 75g sugar
- 75g butter
- 1 level tbsp baking powder
- 3 eggs
- 2 pinches of salt

In the main bowl fitted with the main blade and the BlenderMix attachment, place the flour, sugar, butter, milk, eggs and salt.

Blend for 1 minute and add the yeast via the feed tube.

Blend for 2 minutes until the batter is smooth.

Leave to rest in the refrigerator for at least 1 hour.

Pour a small quantity of the dough in your waffle iron.

For cooking, refer to the instructions of your appliance.

Tip: delicious with whipped cream (see p. 20).



French Flan Pastry

Preparation: 5 min.
Cooking: 20 min
Equipment: 28 cm pie tin

Ingredients
(for 550g)

- 250g flour
- 140g butter
- 100g caster sugar
- 45ml cold water
- 1 egg yolk

Place the flour, sugar, butter cut into pieces and the egg yolk in the bowl fitted with the main blade and switch the machine on.

Add the water gradually via the feed tube and switch off as soon as the pastry forms a ball. If the pastry doesn't form a ball, slowly add more water.

Work the dough with the palm of your hand.

Wrap it in cling film and leave in a cool place for 1 hour.

Preheat the oven to 180°C / 355°F (gas mark 4).

Bake blind* for 20 minutes.



Bread

Preparation: 15 min
Resting: 1h30
Cooking: 20 min

Ingredients

For the dough
- 250g flour
- 160ml water
- 12g fresh baker's yeast*
- 5g salt

Dissolve the yeast in the water thanks to a fork. Put aside for 1 min.

In the bowl fitted with the main blade, pour the salt, flour, water and yeast.

Put the machine on and switch off as soon as the dough forms a ball (max 1 minute).

Put the dough in a floured bowl. Cover it with a cloth. Let it rise for 2 hours.

Remove the dough out of the bowl and spread the dough on a floured surface.

Fold the 4 corners into the centre and flip over.

Cover it with a cloth. Let it rise for 1 hour.

20 minutes before the end of the rising, fill a deep oven proof dish with water. Preaheat the oven to 220°C / 425°F (gas mark 5).

Before baking, make deep cuts in the shape of a cross on top of the bread with a sharp knife.

Bake the bread for 30 min with the dish filled with water in the bottom of the oven.

To check the cooking, flip the bread and tap the bottom, it should sound hollow.

Tip: do not put the yeast and salt in direct contact.



Plaited brioche

Preparation: 20 min +
Resting: 1 hour
Cooking: 20 min
Equipment: large lidded bowl, brioche mould or loaf tin

Ingredients
(1 bread)

- 250g (8 oz) plain flour
- 40g (1 oz) sugar
- 7g (1 oz) dry yeast
- 20g butter
- 125ml (4 fl oz) milk
- 1 pinch of salt
- 1 egg

Dissolve the yeast in the milk. Set aside.

In the main bowl fitted with the main blade, put the flour, salt, sugar and butter.

Switch the machine on and slowly add the milk and the yeast via the feed tube and switch off as soon as the dough forms a ball (max 1 minute).

Put the dough in a floured bowl. Cover it with a cloth. Let it rise for 30 min.

The dough is now ready to be worked. Divide it into 3 equal parts.

Shape 3 long loaves and plait. Place it in a greased and floured loaf pan.

Leave to rise in the oven at 60°C / 140°F for 30 min.

Remove from the oven. Preheat the oven to 180°C / 355°F.

Break an egg and brush the brioche with the egg so that it is well browned.

Bake the brioche for about 20 min. If the brioche browns too much, cover with a sheet of aluminium foil on top.

Allow to cool before serving.



Cheese puffs

Preparation: 15 min.
Cooking: 20-25 min.
Equipment: piping bag with 2 cm (3/4 - inch)

Ingredients
(makes 30 cheese puffs)

Choux pastry
- 200ml water
- 75g butter
- 150g (5 oz) plain flour
- 1 tbsp caster sugar
- Pinch of salt
- 3 large or 4 small eggs
- 100g comté cheese

Preheat your oven to 180°C / 355°F (gas mark 4). In the main bowl, grate the cheese using the grating disc. Set aside.

Pour the water into a pan, add the diced butter and sugar.

Bring to the boil. Remove from the heat and tip in all the flour. Mix quickly with the spatula. Return to the heat for approximately 1 min until the dough forms a ball and no longer sticks to the sides of the pan.

Draw aside and place the dough in the bowl with the dough hook. Process for 1 min, then add the eggs one by one via the feed tube. Process for a further 1 min. Add the comté cheese and blend for 5 seconds

Lightly oil a baking tray.

Transfer the mixture to a piping bag* with a plain nozzle (or use a teaspoon) and pipe out small mounds on the tray, making sure that they are well-spaced. Bake for 15 min at 180° C / 355°F (gas mark 4).

Tip: for sweet puffed pastries, fill with with pastry cream, chocolate cream, sweetened whipped cream, etc.





Appetisers and Starters

Aubergine Caviar



Preparation: 20 min.
Cooking: 45 min.
Equipment: ovenproof dish, large bowl

Ingredients
(serves 4)

- 3 small aubergines
- 1 garlic clove
- 3 tbsp olive oil
- Salt and pepper
- 425ml water

Pre-heat the oven to 150°C / 300°F (gas mark 2).

Cut the aubergines in half lengthways and make a cross-shaped incision in the flesh. Lay them in an ovenproof dish and bake in the oven for 45 minutes.

After this time, remove the aubergines and scoop out the flesh with a spoon.

Chop the peeled garlic in the bowl, using the pulse button.

Add the aubergine flesh and blend for one minute, adding the olive oil via the feed tube. Check the seasoning and add salt and pepper.

Transfer to a bowl and place in a cold place. Serve well-chilled with toasted farmhouse bread.

Cake with ham and olives



Preparation: 20 min.
Cooking: 45 min.
Equipment: 26 cm cake tin (10 inch)

Ingredients
(serves 4)

- 3 eggs
- 150g (6 oz) flour
- 7.5g (1/2 oz) dried yeast
- 125ml (4 fl oz) milk
- 100ml (3 fl oz) olive oil
- 100g (3 oz) grated cheese
- 200g (7 oz) ham
- 75g (3 oz) green olive
- Salt, pepper

Preheat the oven to 180°C / 355°F (gaz mark 4)

In the main bowl, grate the cheese using the grating disc. Set aside.

In the mini bowl fitted with the mini blade, chop the olives using the pulse function. Add the ham and chop again. Set aside.

Add the flour and eggs and switch the machine on for 40 seconds.

Add the warm milk and oil via the feed tube. You may wish to scrape* down the bowl using the spatula to ensure all is evenly mixed.

Add the yeast, olives, cheese, ham, salt and pepper. Pulse twice.

Pour the dough into a 26 cm cake tin.

Cook for 45 min. To test whether the cake is cooked insert a skewer or a sharp knife into the centre of the cake and gently remove. If it comes out clean your cake is ready for cooling.

Fennel Boats with Fresh Goat's Cheese

Preparation: 10 min.
Cooking: none
Equipment: large plate

Ingredients
(serves 4)

- 2 bulbs fennel
- 200g (7 oz) fresh goat's cheese
- 1/2 lemon
- Fresh chives
- Fresh chervil, mint, coriander
- Oil for drizzling
- 50g (2 oz) hazelnuts
- Salt and pepper

Finely chop the hazelnuts in the mini bowl and set aside.

Slice the fennel in half, from top to bottom. Remove the centres and place in the main bowl with a little lemon juice and blend. Add the goat's cheese, the herbs, a little oil and pepper. Mix, using the pulse button a few times.

Check the seasoning.

Place this filling in the fennel "boats" (the halved fennel bulbs with centre removed) and scatter the ground hazelnuts and the coriander on top.

Serve chilled with toast.



Curried Courgette Soup



Preparation: 10 min.
Cooking: 20 min.
Equipment: saucepan

Ingredients
(serves 4)

- 1 potato
- 2 courgettes
- 1 shallot
- 1 stick celery
- 2 tbsp olive oil
- 250ml (9 fl oz) chicken stock
- 250ml (9 fl oz) single cream
- 1 tsp curry powder
- Salt and pepper

Fit the main bowl with the main blade, chop the celery and peeled shallot finely, using the pulse button.

In a saucepan, gently heat the oil, add the chopped vegetables and fry them gently until they begin to change colour.

Peel the potato, grate it with the 2-mm grating disc, add it to the pan and cover with the stock. Season lightly with salt and pepper. Simmer over a low heat for about 20 minutes, until the potato is cooked.

Meanwhile, wash and cut the courgettes into pieces. Blend using the main bowl, main blade and BlenderMix to a puree consistency. Add to the soup 5 minutes before the cooking time is up. When the soup is ready, stir in the cream and curry powder.



Chicken Liver Terrine



Preparation: 20 min.
Cooking: 30 min.
Equipment: frying pan, cake tin

Ingredients
(serves 4)

- 200g (7 oz) chicken livers
- 100g (4 oz) smoked streaky bacon
- 3 tbsp port
- 5 sprigs thyme
- 4 bay leaves
- 1/2 onion
- 2 eggs
- 50g (2 oz) butter
- Gherkins
- Salt and pepper

Pre-heat the oven to 150°C / 300°F (gas mark 2).

Remove all the membranes from the chicken livers and marinate them for 10 minutes in the port, along with 3 bay leaves and the crushed sprigs of thyme. After this time, remove the bay leaves.

Chop the onion in the mini bowl.

Fry the bacon and onion in one tablespoon of hot oil for 2 minutes. Drain.

In the main bowl, fitted with the main blade, chop the bacon, onion and liver, adding the eggs, butter, a pinch of salt and 2 pinches of pepper via the feed tube. This should take about one minute.

Tip the mixture into an oiled tin and decorate the top with a bay leaf.

Bake in the oven for 30 minutes and leave to cool before putting in the refrigerator. Serve with gherkins, toasted farmhouse bread and a hot tomato sauce (see p. 45).

This terrine can be kept in the refrigerator for 5 days, but must be consumed rapidly once it has been cut into.

Fresh & Smoked Salmon Pâté



Preparation: 15 min.
Equipment:
small terrines

Ingredients
(serves 4)

- 300g (10 oz) fresh raw salmon
- 100g (4 oz) smoked salmon
- 125 g unsweetened yoghurt
- 1 tbsp French mustard
- 3 sprigs dill
- Salt and pepper

Skin the fresh salmon.

Cut both types of salmon into large pieces.

Place all the fish in the main bowl with the main blade and chop using the pulse button. Add the yoghurt, mustard and a tiny pinch of salt and pepper. combine using the pulse button. Check the seasoning.

Place the mixture in small terrines. Decorate with sprigs of dill. Serve with hot toasted farmhouse bread.

Main Courses



Cod Fishcakes with a Tomato & Olive Coulis



Preparation: 20 min.
Cooking: 20 min.
Equipment: frying pan, serving dish

Ingredients
(serves 4)

- 450g (1 lb) fillet of cod
- 50g white wine court bouillon
- 40g (2 oz) stoned black olives
- 2 eggs
- 3 tbsp plain flour
- 1 onion
- 1 lemon
- Salt and pepper
- 2 tbsp oil

Dissolve the contents of the court bouillon sachet as per instructions on pack. Bring to the boil, add the fish and simmer for 10 minutes. Drain.

Squeeze the lemon.

Chop the onion and olives using the main blade.

Skin the fish and place it in the main bowl. Chop finely.

Add the eggs, lemon juice and one tablespoon of flour.

Blend thoroughly.

To shape the fishcakes, take the equivalent of 2 tablespoons of the mixture and roll in the remaining flour and flatten to obtain an even, rounded shape.

Heat the oil in a frying pan and fry the fishcakes for 10 minutes, turning them over halfway through.

Serve on a warmed dish with hot tomato sauce (see p. 45).



Leek tart



Preparation: 45 min.
Cooking: 40 min.
Equipment: sauté pan, large bowl

Ingredients
(serves 4)

- Shortcrust pastry
- 3 leeks
- 60g (3 oz) butter
- 4 eggs
- 1 tbsp plain flour
- 1 bunch fresh herbs (parsley, thyme, rosemary, sage)
- 1 pinch of ground nutmeg
- Salt and pepper

For the shortcrust pastry, refer to page 21.

Wash the leeks and cut off the green part and the roots.

Stand them upright in the feed tube (taking care not to overfill feedtube) and slice them using the slicer disc. Melt 40g (2 oz) of butter in the sauté pan and tip the leeks in. Stir and leave to cook gently over a low heat without browning them.

In the main bowl, chop the herbs using the pulse button a couple of times. Add the eggs, nutmeg, salt, pepper and flour. Mix.

Spread this mousse over the leeks in the pan and cook gently over a moderate heat.

Cut the cake into quarters and turn these over to cook on the other side for a few minutes, adding a little butter.

Serve immediately.

Steak tartare



Preparation: 20 min.
Cooking: none

Ingredients
(serves 3)

- 450g (1 lb) rump steak, sirloin steak
- 1 shallot
- 2 onions
- 3 tbsp capers
- 1 small bunch chives
- ½ bunch flat-leaved parsley
- Salt and pepper.

Wash and drain the parsley.

Put it in the bowl fitted with the main blade. Give 5 pulses. Peel the shallots and onions. Cut into four.

Add them to the bowl. Give 5 pulses.

Cut the meat into pieces. Add chives and capers. Give some pulses.

The meat should be chopped and not pureed. Serve immediately. Delicious with home fries.

You can serve it with sauces, Worcestershire, ketchup and Tabasco®.

Stuffed Aubergines



Preparation: 20 min.
Cooking: 50 min.
Equipment: frying pan, earthenware dish

Ingredients
(serves 4)

- 2 medium aubergines
- 260g (10 oz) shoulder of lamb
- 2 peeled and halved shallots
- 1 small garlic clove
- 1 tsp Worcestershire sauce
- 1 bunch parsley
- 1 lemon
- Salt and pepper
- 1 tbsp olive oil

Pre-heat the oven to 190°C / 375°F (gas mark 5).

Halve the aubergines lengthways and sprinkle with lemon juice to stop them browning.

Lay them in a dish and bake for 20 minutes in the oven (or cover with microwaveable cling film and microwave for 10 minutes). Then, scoop out some of the flesh with a spoon.

Cut the lamb into pieces and put these in the main bowl, fitted with the main blade, along with the aubergine flesh, shallots, garlic and parsley.

Use the pulse button to chop everything, then add the Worcestershire sauce via the feed tube, along with the salt and pepper. After using the pulse button a few more times, transfer the mixture to a frying pan in which the oil has been heated and fry for a few minutes.

Fill each aubergine shell with this stuffing, check the seasoning and bake in the oven for 30 minutes.

Tip: these aubergines can be served with a tomato coulis.

Stuffed Tomatoes

Preparation: 30 min.
Cooking: 30 min.
Equipment:
kitchen paper,
earthenware dish

Ingredients

(serves 3)

- 6 large beef tomatoes
- 250g (8 oz) lean rump steak
- 50g (2 oz) white breadcrumbs
- 1 small onion
- Few sprigs of parsley
- 1 tsp paprika
- 4 tbsp milk
- 1 clove garlic
- 1 tsp paprika
- olive oil
- Salt and pepper

Preheat oven to 180°C / 355°F (gas mark 4).

Wash the tomatoes. Cut the top off the tomatoes and set aside. Remove the flesh and seeds of the tomatoes using a small spoon. Salt the inside of the tomatoes and leave to stand, upside down on kitchen roll, to allow the excess water to drain out.

For meat stuffing

Put the bread soaked in the warm milk. Peel the garlic and onions. Wash and drain the parsley. Peel the garlic. Cut into quarters. Put them in the bowl with the main blade. Give 3-4 pulses.

Cut the meat into pieces. Add it to the bowl. Turn 20 seconds. Add the squeezed bread,some flesh of tomatoes, paprika, salt and pepper. Pulse 4-5 times to obtain a homogeneous mince. Check the seasoning.

For the assembly of tomatoes

Stuff the tomatoes with the mixture. Sit the tomato lid on top. Put them in a dish. Sprinkle with olive oil.

Cook for 30 min.

Delicious served with rice or wheat.



Shepherds Pie

Preparation: 40 min.
Cooking: 50 min.
Equipment: saucepan (or pressure cooker), frying pan, gratin dish

Ingredients
(serves 4)

- 1 large onion
- 500g (1 lb) lean cooked lamb
- 1 tbsp flour
- 2 tbsp tomato purée
- Salt and pepper
- 1 carrot
- 2 tbsp oil
- 300ml (1/2 pint) stock
- 2 tbsp chutney

Topping:

- 750g (112 lb) cooked potatoes
- 50g (2 oz) butter
- 2 tbsp milk

Peel the onion and carrot and chop into pieces. Cut the meat into pieces.

Fit the main blade, and process the carrot until coarsely chopped, add the onion and process until coarsely chopped. Set aside the chopped carrot and onion. Put the meat into the main bowl and process for 20-30 seconds or until it is at the required consistency.

Heat the oil in a frying pan, add the onion and carrot and cook, over a low heat, until the onion is transparent.

Raise the heat, add the meat and cook until it has slightly browned. Sprinkle over the flour, mix well and stir in the stock, tomato purée, chutney and seasonings. Lower the heat, cover and simmer for 30 minutes.

Transfer the meat to a pie dish, cover with the potato which has been mashed with the milk, butter and seasonings.

Decorate with a pattern made with the back of a fork and bake in a moderately hot oven 190°C / 375°F (gas mark 5) for 30 minutes or until the potato is crisp and golden brown.





Desserts

Yoghurt Cake



Preparation: 5 min.
Cooking: 20 min.
Equipment:
sandwich* tin

Ingredients
(for 1 cake)

For the cake
- 1 pot (5 fl oz) yoghurt
- 1 pot caster sugar
- 3 pots plain flour
- 30g (11/2 oz) softened butter
- 2 eggs
- 1 tsp baking powder
- 1 tsp orange juice
- 1 pinch of salt

For the icing
- Sugar
- Egg white

Pre-heat the oven to 180°C / 355°F (gas mark 4).

In the main bowl, fitted with the main blade and the BlenderMix attachment, place the butter, eggs, yoghurt and sugar (use the empty yoghurt pot to measure out the dry ingredients). Blend for one minute.

Add the flour, baking powder, orange juice and salt.

Blend for a further minute.

Butter a sandwich tin*. Tip in the cake mix, smooth the surface with the spatula and bake in the oven for 20 minutes.

Leave to cool before serving.

For the icing

In the mini bowl fitted with the mini blade, add the sugar and egg white.

Turn 40 seconds.

Spread frosting on cooled cake.

Walnut cake



Preparation: 15 min
Baking: 30 min
Equipment: cake tin

Ingredients
(for 1 cake)

- 150g shelled walnuts
- 120g caster sugar
- 100g softened butter
- 40g plain flour
- 1 tbsp rum
- 3 eggs
- 1 level tbsp baking powder
- 1 pinch salt

Preheat your oven to 170°C / 340°F (gas mark 3). Cut the butter into small dice.

Chop the walnuts in the main bowl fitted with the metal blade for 30 seconds. Add the sugar, flour, eggs, salt, rum and butter. Blend for 2 minutes.

While the machine is still running, add the baking powder via the feed tube. Blend for a further 10 seconds.

Pour the mixture into a well-buttered tin.

Bake for about 30 minutes. To check that the cake is cooked, insert the tip of a knife. It should come out clean.

Allow to cool in the oven with the door ajar.

Fresh Fig Tart

Preparation: 10 min.
Cooking: 20 min.
Equipment: (saucepan), tart ring or quiche tin, greaseproof or silicone paper

Ingredients
(serves 4-5)

- 1 pkt ready made puff pastry
- 800g (13/4 lb) fresh figs
- 100g (31/2 oz) sugar
- 125ml of water

Pre-heat the oven to 200°C / 390°F (gas mark 6).

Butter the tin and line it with the puff pastry. Prick the base with a fork. Cover it with a circle of greaseproof paper and weigh this down with baking beans to keep the pastry flat. Bake in the oven for 15 minutes.

Meanwhile, simmer 4 of the figs in a saucepan with the sugar and water over a low heat until the liquid becomes very syrupy. Pour into the main bowl and blend for one minute.

Cut the remaining figs into 4 to 6 pieces, depending on their size, and arrange them in the baked tart shell. Cover with the fig "jam" and return to the oven for 5 minutes.

Victoria Sponge Cake

Preparation: 10 min.
Cooking: 30 min.
Equipment: cake tin

Ingredients
(serves 4)

- 125g (4 oz) butter or margarine softened
- 1 tsp baking powder
- 4 tbsp strawberry jam
- 125g (4 oz) caster sugar
- 125g (4 oz) self-raising flour
- 2 large eggs
- Icing sugar to dust

This cake is made quickly and easily with the all-in-one method.

Fit the main blade and place the butter, sugar, flour and baking powder in the main bowl. Break in the eggs and process for 10-15 seconds, or until the cake is mixed. You may find it helps if you stop once to scrape* down the sides of the main bowl.

Turn into two bottom lined and greased 7-inch (18cm) sandwich tins*. Spread evenly and bake in a moderate oven 175°C / 350°F (gas mark 4) for 20-25 minutes or until risen, golden brown and firm to the touch. Cool on a wire rack.

Sandwich the cold cakes together with the jam and sift a little icing sugar over the top. For a special occasion fill the cake with whipped cream and strawberries.



Spice Cake

Preparation: 15 min.
Cooking: 55 min.
Equipment: rectangular cake tin 20 cm (8-inch) long, wire cooling tray

Ingredients
(serves 4)

- 150g (5 oz) plain flour
- 2 tsp baking powder
- ¼ tsp ground nutmeg
- ¼ tsp mixed spice
- ½ tsp ground cinnamon
- 7 stoned prunes
- 40g (1½ oz) shelled walnuts
- 2 medium carrots, peeled and cut into large pieces
- 2 eggs
- 200g (7 oz) sugar
- 150ml (5 fl oz) oil
- 20g (3/4 oz) raisins
- Icing sugar
- 1 pinch of salt

Butter a cake tin and dust with flour.

Pre-heat the oven to 160°C / 320°F (gas mark 2-3).

Grate the carrots using the 2-mm grater disc, placing the pieces horizontally in the feed tube to ensure you get a long grate. Set aside.

Replace the disc with the main blade and put the flour, baking powder, salt and spices in the main bowl. Use the pulse button once, then add the prunes. Add the eggs, sugar and shredded carrots and blend for one minute. Add the walnuts and use the pulse button twice.

Gradually add the oil via the feed tube. Blend for a further minute, then add the raisins and give 3 short bursts of the pulse button.

Tip into the cake tin and bake in the oven for 55 minutes. You can also tip into small tins, and lower the cooking time.

Leave the cake to cool for 5 minutes, then ease it out of the tin and onto the cooling rack. When it is completely cool, dust with icing sugar.



Pavlova

Preparation: 20 min
Cooking: 2h30
Material: piping bag*

Ingredient
(serves 4-6)

- 100g sugar
- 100g icing sugar
- 100g strawberry
- 100g raspberry
- 4 egg white
- Mint leaves

Whipped cream
- 200ml whipped cream
- 1tsp icing sugar

For the French meringue

Break the eggs. Separate the whites from the yolks.

In the bowl fitted with the whisk, beat the eggs until stiff for 5 minutes, taking care to remove the pusher.

Add the sugar and icing sugar slowly via the feed tube. Let it run for 1 minute. The mixture should be firm.

On a baking sheet lined with parchment paper, make small circles (about 8 cm) with a piping bag * (or a spoon).

Slide the oven at 60°C / 140°F (gas mark 1) for 2 ½hours.

Cool.

For the whipped cream see page 20

Just before serving, drizzle meringues with whipped cream.

Add fruits and mint leaves.



Menus



Dauphinois Menu

Starter



Preparation: 20 min.
Cooking: 15 min.
Equipment: saucepan, ramekins

Ingredients
(serves 4)

- 3 eggs
- 120g (4½ oz) piece Parmesan cheese
- knob of butter
- 1 tbsp plain flour
- 150ml (5 fl oz) hot water

Parmesan Soufflé

Grate the cheese using the 2-mm grater disc and set aside.

Melt the butter in a saucepan over a low heat, add the flour and stir in using a wooden spoon. Continue to cook the mixture over a low heat, stirring constantly, in order to cook the flour. After 5 minutes, gradually add the hot water, continuing to stir the mixture. Turn the heat up and let it boil for 3 minutes, stirring all the time, then add the grated cheese.

Pre-heat the oven to 175°C / 350°F (gas mark 3-4).

Separate the eggs.

Away from the heat, gently stir the egg yolks one at a time into the mixture. Leave to cool.

Whisk the egg whites until stiff, using the egg whisk (see p. 20).

Carefully fold them into the cooled mixture and add pepper to season. Pour into the ramekins, bake for 15 minutes and serve immediately.

Tip: you can serve these soufflés with hot tomato sauce.



Preparation: 15 min.
Cooking: 15 min.
Equipment: saucepan

Ingredients
(serves 4)

- 6 sprigs of parsley
- ½ bunch of chives
- 5 fresh basil leaves
- 1 tbsp olive oil
- 4 shallots
- 1 garlic clove
- 4 tomatoes
- 3 tbsp tomato purée
- 2 tsp brown sugar
- Salt and pepper

Hot Tomato Sauce

In the bowl fitted with the main blade, chop the parsley, chives and basil. Set aside. Next, chop the shallots, garlic and tomatoes.

In a saucepan, heat a tablespoon of oil, add the chopped herbs, the chopped garlic, shallots, tomatoes, the purée, sugar, salt and pepper. Cook over a low heat for 15 minutes.

Check the seasoning and serve piping hot.

Main Course



Preparation: 50 min.
Cooking: 30 min.
Equipment: saucepan, sauté pan, string, serving dish

Stuffed chicken breasts

Ingredients
(serves 4)

- 2 chicken breasts with their skin
- 2 skinless and boned chicken legs
- 2 shallots
- 150g (5 oz) French beans
- 1 carrot
- 6 fresh tarragon leaves
- 6 tbsp crème fraîche (half-fat, if possible)
- 2 tbsp olive oil
- 500ml (18 fl oz) chicken stock
- 1 tsp tomato purée
- Salt and pepper

Carefully peel back the skin of the chicken breasts in order to remove all the fat from underneath and set aside. Slice the carrot using the slicer disc and cook the carrot and beans in salted boiling water for about 5 minutes. Drain and set aside.

In the mini bowl chop the shallots and set aside.

Fit the main blade inside the bowl, chop the tarragon, then the pieces of chicken leg. With the machine running, pour the creme fraiche, salt and pepper through the feed tube.

Place a little of this stuffing under the skin of each chicken breast, using a spatula. Add layers of beans and carrot.

Cover with more stuffing, fold the skin back over the meat and secure these "parcels" with string.

In a sauté pan, heat the oil, brown the breasts all over, seasoning both sides. Then, add the shallots and a little stock. Cook for about 20 minutes over a low heat. Remove from the heat, leave to rest, remove the string, cut into fairly thin slices and arrange on the serving dish.

Deglaze the pan with the rest of the stock, add the tomato purée and check the seasoning. Pour a little of this sauce around the chicken and serve the rest in a gravyboat.



Preparation: 20 min.
Cooking: 40 min.
Equipment: gratin dish

Potato & Turnip Gratin

Ingredients
(serves 4)

- 1 garlic clove
- 100g (4 oz) butter
- 4 medium potatoes
- 5 medium turnips
- 250ml (9 fl oz) crème fraîche
- 250ml (9 fl oz) milk
- 75 g (3 oz) Gruyere cheese
- Salt and pepper
- Ground nutmeg

Pre-heat the oven to 180°C / 355°F (gas mark 4).

Fit the slicer disc in the bowl and slice the potatoes and turnips separately. Empty the bowl, then grate the Gruyere cheese, using the grater disc.

Rub the gratin dish with the garlic clove, butter it thoroughly, arrange alternating slices of potato and turnip, adding a little butter, salt, pepper, nutmeg and grated cheese between each layer. You should end up with several layers.

Mix the creme fraiche and milk in a bowl.

Pour this mixture over the slices, making sure it permeates the different layers

Bake in the oven for 40 minutes, switching on the grill for the last 3 minutes in order to give it an attractive golden crust.

Chocolate Pie

Preparation: 30 min.
Cooking: 30 min.
Equipment: tart ring or quiche tin

Ingredients
(serves 4)

- 1 quantity French flan pastry
- 200g (7 oz) dark chocolate
- 1 egg + 1 egg yolk
- 50ml (1½ fl oz) single cream
- 50ml (1½ fl oz) milk
- 7 ½ g vanilla-flavoured sugar
- 80g (3 oz) soft brown sugar
- Knob of butter

Pre-heat the oven to 180°C / 355°F (gas mark 4).

Make the French flan pastry (see p. 23). Butter the dish and line it with the pastry. Bake blind* for 20 minutes.

Bring the cream, milk and vanilla sugar to the boil. Turn off heat and add the chocolate, broken into pieces. Melt the chocolate in the mixture.

Remove from oven and lower the temperature to 150°C/ 300°F (gas mark 2).

Fit the main blade and the BlenderMix attachment in the bowl, then tip in the brown sugar, the whole egg and the egg yolk and blend. Then add the chocolate and cream mixture and blend again.

Pour the mixture into the pastry shell and return to the oven for 20 minutes.

Let it cool.



Provençal Menu

Starter



Preparation: 30 min.
Cooking: 30 min.
Equipment: saucepan, 20 cm (8-inch) deep sandwich tin*, serving dish

Ingredients
(serves 4)

- 2 medium tomatoes
- 1 red pepper
- 3 eggs
- 2 tbsp olive oil
- 12 fresh basil leaves
- Salt and pepper

Tomato flan

Immerse the tomatoes in boiling water for a few seconds, skin, de-seed and chop roughly.

Pour the oil into a pan add the chopped tomato, cover and cook over a low heat for 20 minutes, stirring from time to time.

While the tomatoes are cooking, put the red pepper under the grill and blacken the skin on all sides. Remove and set aside for 10 to 15 minutes

Chop the basil leaves and set aside.

Pre-heat the oven to 150°C / 300°F (gas mark 2).

Skin the pepper and remove the stalk and seeds. Put the pepper and tomato in the bowl fitted with the main blade and the BlenderMix attachment and turn the machine on for 30 seconds. Then, add the eggs through the feed tube. Stop the machine. Season to taste and add the basil.

Pulse 3 times.

Tip the mixture into the lightly-buttered tin and bake for about 30 minutes.

Leave it to cool before turning it out onto a serving dish.

Serve slightly warm, with a green salad.

Main Course



Preparation: 15 min.
Cooking: 30 min.
Equipment: frying pan, serving dish

Stuffed Courgettes

Pre-heat the oven to 150°C / 300°F (gas mark 2).

Wash the courgettes and cut them in two, lengthways.

Make cross-like incisions in the flesh and bake them in the oven for about 30 minutes (or cover them with microwaveable cling film and microwave them for 10 minutes).

Scoop out the flesh with a teaspoon, being careful not to damage the skin. Set aside.

In the bowl, fitted with the main blade, chop the onion then the bacon. Add the sausage meat, one tablespoon of Parmesan cheese and the egg and pulse 5 times.

Ingredients
(serves 4)

- 4 medium courgettes
- 300g (11 oz) sausage meat
- 50g (2 oz) smoked streaky bacon
- 1 small onion
- 2 tbsp olive oil
- 1 egg
- 2 tbsp grated Parmesan cheese
- 20g (3/4 oz) butter
- Salt and pepper

Add the courgette flesh and pulse another 5 times to mix everything thoroughly. Season lightly with salt and pepper.

Fry the mixture in 2 tablespoons of oil for about 5 minutes over a moderate heat. Place in the courgette shells. Scatter each with the remaining grated Parmesan cheese and add a small knob of butter. Bake in the oven preheated to 150°C / 300°F (gas mark 2) for about 15 minutes.

Serve piping hot.

Dessert

Confit of Figs in a Citrus Sauce



Preparation: 10 min.
Cooking: 25 min.
Equipment: saucepan, deep serving dish

Ingredients
(serves 4)

- 18 fresh figs
- 2 oranges
- 1 grapefruit
- 1 lemon
- 50g (2 oz) sugar
- 6 fresh mint leaves

Wash the figs thoroughly. Using the citrus press, squeeze the oranges, lemon and grapefruit. Measure the juice obtained and if there is less than half a litre, top up with water.

Put the juice, sugar and 10 figs cut into quarters in a pan. Bring to the boil and cook for 10 minutes. Then add the remaining 8 whole figs and cook for a further 15 minutes over a low heat.

Remove the 8 whole figs and set aside.

Using the main blade and the BlenderMix attachment, purée the remainder of the fig mixture (about 1 minute).

Cover the bottom of a deep serving dish with the fig purée, arrange the remaining figs on top and decorate with the fresh mint leaves.

Tip: this dessert can also be served with a grapefruit or orange sorbet.

Italian Menu

Starter



Preparation: 20 min.
Cooking: 10 min.

Ingredients
(serves 4)

- 1 tin of artichoke hearts
- 1 lemon
- 100g (4 oz) Parmesan cheese
- 10 small black olives
- Olive oil
- Salt and pepper

Artichoke & Parmesan Carpaccio

Cook the artichokes for a few minutes in salted water with a few drops of lemon juice.

Remove and leave cool for 10 minutes.

During this time, slice the Parmesan and set aside. Next, slice the artichoke hearts. Arrange the artichoke and Parmesan slices on a plate. Season with salt and pepper, add the black olives and serve immediately.

Main Course



Preparation: 15 min.
Pizza dough resting:1 hour
Cooking: 20 min.

Ingredients
(serves 4)

For the pizza dough

- 200g flour
- 4g salt
- 6g fresh yeast
- 35ml oil
- 1 tbsp origano
- 100ml water

Pizza with vegetables

For the pizza dough

Dissolve the yeast in the water. In the main bowl, fitted with the main blade, place the flour, oregano and salt.

Switch the machine on and add the water and the yeast mixture slowly via the feed tube. Then, add the sunflower oil and switch off as soon as the dough forms a ball.

The resulting dough should be smooth and elastic. If it is too sticky, add a little flour.

For topping

Transfer the dough to a bowl, cover with a damp tea towel and leave to rise for about one hour.

Preheat your oven to 240°C / 465°F (gas mark 8) and fill a deep oven proof dish with water.

Wash the vegetables and slice them with the onion using the 2 mm slicing disc.

For topping

- 6 tbsp tomato coulis / puree
- 1 small courgette
- 2 tomatoes
- 1 onion
- 300g mozzarella
- 5 fresh basil leaves

Fry the chopped onion in a pan with a dash of olive oil. Spread the dough and prick a few times with a fork

Cover the dough with the tomato coulis, tomatoes onion, courgette and mozzarella. Season each layer (salt and pepper).

Lower the temperature of the oven to 220°C / 425°F (gas mark 7). Cook the pizza for 15-20 min. Take care. Adjust the cooking time according to pizza base thickness.

Sprinkle with fresh basil and drizzle with chili oil.



Dessert



Preparation: 15 min.
Resting: 6 to 24h
Equipment: rectangular tin, bowl

Ingredients
(serves 4)

- 4 eggs
- 1 tbsp unsweetened cocoa powder
- 3 tbsp Amaretto
- 300g (14 oz) mascarpone cream
- 20-24 sponge fingers
- 100g (4 oz) caster sugar
- 200ml (10 fl oz) strong coffee

Tiramisu

Remove the mascarpone from the refrigerator 1 hour in advance.

Separate the eggs. Whisk the egg whites until stiff (see p. 20) and set aside in a large bowl.

In the bowl, fitted with egg whisk, blend the yolks and sugar until pale. Add the Amaretto and mascarpone. Tip this mixture onto the egg whites and fold in gently with a spatula.

Quickly dip the sponge fingers in the coffee and place a layer of them on the bottom of the tin, then cover with half the cream.

Repeat this process, with one layer of coffee-soaked biscuits then a layer of cream.

Dust with cocoa powder and chill at least for 6 hours.



Mexican Menu

Starter



Preparation: 20 min.
Cooking: 15 min.
Equipment: saucepan, ramekins

Ingredients
(serves 4)
- 10 sprigs coriander
- 1 small onion
- 1/2 garlic clove
- 2 ripe avocados
- 1 lime
- few drops Tabasco sauce
- 1 pinch of ground caraway
- 2 tbsp mayonnaise
- 1 pinch of salt
- 1 pinch of chilli powder

Guacamole

In the mini bowl, chop the coriander and garlic, set aside, then chop the onion. Peel, remove the stone and chop the avocado into pieces.

Add the avocados, Tabasco, spices, mayonnaise, salt, coriander and garlic.

Use the pulse button a few times, then leave the machine running for 10 seconds.

Squeeze the lime over the preparation, using the citrus press.

Transfer the guacamole to a serving dish and leave in the fridge until required.

Serve with tortilla chips.

Main Course



Preparation: 20 min.
Cooking: 55 min.
Equipment: frying pan, sauté pan, saucepan, dish

Chilli con Carne

Peel the onions, slice them with the disc and cook gently in one tablespoon of hot oil. Add the crushed garlic, peeled tomatoes and tomato purée. Simmer for about 10 minutes.

Mince the meat in the main bowl fitted with the main blade, using the pulse button. Heat the 2 remaining tablespoons of oil in a pan and brown the meat drain off any excess fat. Add the tomato mixture, salt and pepper, chilli powder, one drop of Tabasco sauce and the bouquet garni. Cover and cook for about 30 minutes.

Ingredients
(serves 4)

- 250g (9 oz) beef
- 500g (18 oz) tin kidney beans
- 2 medium onions
- 3 large tomatoes or 1 small tin peeled tomatoes
- 1 small tin tomato purée
- 1 garlic clove
- 3 tbsp olive oil
- Chilli powder
- Bouquet garni
- Salt and pepper
- Cheddar cheese
- Tabasco sauce

Next, add the kidney beans and simmer for 15 minutes.

Whilst the Chilli is simmering grate the cheese using the grating disc. Check the seasoning, when ready to serve scatter with the grated cheese.

Serve with extra grated Cheddar and Tabasco sauce.

Dessert

Mango Mousse



Preparation: 30 min.
Cooking: 2 min.
Equipment: saucepan

Ingredients
(serves 4)

- 2 very ripe medium mangoes
- 50g (2 oz) icing sugar
- 3 sheets gelatine
- 2 tbsp lime juice
- 120ml (4 fl oz) whipping cream
- 4 kiwi fruit (optional)

Whip the cream in the bowl, using the egg whisk (see p. 20).

Set aside in a large bowl.

Peel and chop the mangoes and place in the main bowl, fitted with the main blade. Blend for one minute, then add the icing sugar and blend for a further minute. Set aside.

Soak the gelatine sheets in cold water for at least 10 minutes.

Drain thoroughly. Heat the lime juice and add the gelatine. As soon as it has melted, pour into the bowl with the mango. Pulse 3 times.

Transfer to a dish and place in the freezer compartment until it starts to have a firmer consistency.

Gently fold this mixture into the whipped cream using a spatula.

Chill in the refrigerator for 2 hours before serving.

Serve with slices of kiwi fruit.

English Menu

Starter

Preparation: 10 min.
Cooking: 10 min.
Equipment: saucepan, cups

Ingredients
(serves 4)

- 250g (9 oz) frozen peas
- 1 shallot
- 250ml (9 fl oz) chicken stock
- 100g (4 oz) single cream
- 5 g sugar
- 4 fresh mint leaves
- Salt and pepper

Minted Pea Soup

Place the chicken stock in a pan and add the roughly chopped shallot, peas, sugar and a pinch of salt. Bring to the boil and cook for about 10 minutes. Drain and reserve half the cooking liquid.

Blend in the main bowl fitted with the main blade, and the BlenderMix attachment gradually adding the cooking liquid via the feed tube.

Next, add the cream. The soup should have a smooth consistency. Season with salt and pepper.

Pour into the cups, snip the mint leaves over the top and serve immediately.



Main Course

Preparation: 25 min.
Cooking: 1 hour
Equipment: saucepan, roasting tray

Chicken with Spinach Stuffing

Remove the crusts from the bread and soak in the milk for about 15 minutes.

Pre-heat the oven to 240°C / 465°F (gas mark 8).

Wash the spinach, remove the stalks and cook in boiling water for 5 minutes. Remove immediately and place in iced water for one minute, to keep the colour. Drain, press and set aside.

In the main bowl fitted with the main blade, place the spinach, bread, Cognac, 2 pinches of salt and one pinch of pepper.

Blend for one minute.

Ingredients
(serves 4)
(for a 1.5 kg chicken)

- 50 g (2 oz) sliced bread
- 150ml (5 fl oz) milk
- 200g (7 oz) fresh spinach
- 1 sachet pine nuts
- 2 tbsp Cognac
- Salt and pepper

Check the seasoning, add the pine nuts and mix, using the pulse button a few times.

Stuff the chicken, place on the roasting tray, lightly season with salt and pepper, add a little water and roast in the oven for one hour, basting frequently.

Tip: this stuffing would be ideal for other kinds of poultry, such as turkeys and guinea fowl.

Dessert



Preparation: 15 min.
Cooking: 30 min.
Equipment: gratin dish

Apple Crumble

Ingredients
(serves 4/5)

- 100g (4 oz) plain flour
- 100g (4 oz) butter
- 80g (31/2 oz) sugar
- 50g (2 oz) ground almonds (optional)
- 7.5g vanilla-flavoured sugar
- 4 Granny Smith or Cox's Orange apples
- Single cream (optional)
- 1 tsp ground cinnamon

Pre-heat the oven to 175°C / 350°F (gas mark 3-4).

Wash, peel and slice the apples. Lay the slices in a buttered ovenproof dish.

In the bowl, fitted with the main blade and using the pulse, mix the butter, sugar, vanilla sugar, cinnamon, flour and ground almonds until the mixture resembles fine breadcrumbs.

Cover the apple with a layer of this mixture.

Bake in the oven for about 30 minutes. Serve hot with single cream or vanilla ice cream.



Parisian Menu

Starter



Preparation: 15 min.

Ingredients
(serves 4)

- 400g fresh salmon
- 2 yellow or green citrus
- 2 tbsp olive oil
- 2 tbsp capers
- 1 bunch of chives
- 1 red and yellow pepper
- 1 onion
- Pepper

Salmon Tartare

Peel the onions.

Chop the chives.

In the bowl fitted with the metal blade, put the onions and pulse 3 times. Cut the peppers, remove the seeds and white filaments. Cut into pieces, add the peppers to the bowl and pulse 4 times.

Cut the salmon into pieces. Add the salmon, capers and chives in the bowl. Pulse four times.

Open the lid, add olive oil, lemon juice and pepper. Pulse once or twice to mix.

Serve immediately with toast.

Main Course



Preparation: 10 min.
Cooking: 5 min.
Equipment: frying pan, serving dish

Ingredients
(serves 4)

- 1 carott
- 2 courgettes
- 2 tsp olive oil
- 1 tbsp chopped tarragon
- salt, pepper.

Pan-Fried Shredded Carrots & Courgettes

Wash the courgettes and carrots. Peel the carrots.

In the main bowl, fitted with a 2mm grater disc, grate the carrots and courgettes, placing them horizontally in the feed tube in order to obtain a longer grate.

Heat the oil in a frying pan, add the shredded vegetables and season with salt and pepper. Cover and leave to cook for 2 to 3 minutes. The vegetables should be "al dente".

Tip into a serving dish, check the seasoning and sprinkle over with the chopped tarragon.

Iced Raspberry Mousse

Preparation: 10 min.
Cooking: none
Equipment: bowl, stemmed glasses

Ingredients
(serves 4)

- 300g (10 oz) frozen raspberries
- 1 lemon
- 5 tbsp icing sugar
- 3 egg whites

In the main bowl, fitted with the whisk, whisk the egg whites until stiff and set aside in a bowl.

Extract the lemon juice.

Remove the citrus press and attach the main blade. Add the raspberries (very slightly defrosted), the icing sugar and the lemon juice. Blend for one minute.

Gently fold this mixture into the egg whites with a spatula.

Tip: the mixture into stemmed glasses and serve immediately.

This dessert cannot be left standing for any length of time.



American Menu

Starter



Preparation: 15 min.
Cooking: none

Ingredients
(serves 4)

- 2 Golden Delicious apples
- 2 sticks celery
- 80ml (3 fl oz) mayonnaise
- 50g (2 oz) shelled walnuts
- A few lettuce leaves

Waldorf Salad

Peel and dice the apples. Cut the celery into slices using the slicer disc.

Make the mayonnaise in the main bowl (see p.18).

Stir the apple and celery into the mayonnaise, adding the walnuts.

Serve on a bed of lettuce leaves.



Main Course



Preparation: 15 min.
Cooking: 8 min.
Equipment: frying pan

Maryland Crab Cakes

Break the rusks into pieces and place them in the main bowl, fitted with the main blade. Switch on until a fine consistency is achieved, then add the parsley, Worcestershire sauce, mustard and mayonnaise (see p.18). Add the egg through the feed tube and blend. Then add the crabmeat through the feed tube. Pulse a few times, then add salt and pepper to taste - this dish needs to be quite highly-seasoned.

Shape the mixture into little cakes 1cm (½-inch) thick.

Chill in the refrigerator for 30 minutes.

Ingredients
(serves 4)

- 2 rusks
- 1 egg
- 1/2 bunch parsley
- 1 tsp mayonnaise
- 1 tbsp Worcestershire sauce
- 1 pinch of Cayenne pepper
- 1 tsp mustard
- 160g (51/2 oz) crabmeat
- 30g (11/4 oz) butter
- Salt
- Dried breadcrumbs

Sprinkle the breadcrumbs onto a plate and roll the cakes in them.

Put the butter in the frying pan and fry the crab cakes until golden, for about 4 minutes on each side.

Serve with slices of lemon and French beans.



Dessert

Preparation: 10 min.
Cooking: 45 min.
Equipment: cake tin

Carrot Cake

Ingredients
(serves 4)

- 115g (4 oz) plain flour
- 190g (61/2 oz) sugar
- 1 tsp baking powder
- 1 tsp ground cinnamon
- 1 tsp bicarbonate of soda
- 2 eggs
- 150g (5 oz) carrots
- 50ml (11/2 fl oz) oil

Pre-heat the oven to 175°C / 350°F (gas mark 3-4).

Wash, peel and grate the carrots and set aside. In the main bowl, fitted with the main blade and the BlenderMix attachment, mix together the flour, sugar, baking powder, bicarbonate of soda and cinnamon. Add the eggs, oil, and carrots.

Blend for about 2 minutes, then use the pulse button a few times to obtain a smooth consistency .

Butter the cake tin generously and pour the mixture in. Bake in the oven for 45 minutes.

Tip: to check if the cake is ready, insert a sharp knife into the centre. It should come out clean.

Normandy Menu

Starter

Preparation: 10 min.
Cooking: 20 min.
Equipment: saucepan, soup tureen

Ingredients
(serves 4)

- 400g (14 oz) mushrooms
- 6 level tbsp potato flour
- 750ml cold water
- 200ml (7 fl oz) cream
- Salt

Mushroom Soup

Blend the mushrooms in the main bowl, fitted with the main blade and the BlenderMix attachment, for 2 minutes to obtain a smooth purée. Tip into a pan.

Next, blend the water, potato flour and salt. Add to the mushrooms and simmer over a moderate heat for 15 to 20 minutes.

Pour into a soup tureen and add the crème fraîche.

Stir and serve.



Main Course

Preparation: 10 min.
Cooking: 30 min.
Equipment: frying pan

Trout Fillets with Sorrel, Shallots & Cider

Pre-heat the oven to 175°C / 350°F (gas mark 3-4).

Peel the carrot and cut into slices, using the slicer disc, standing the carrots upright in the feed tube. Cook them in lightly salted water and set aside.

Lay the trout fillets in a buttered dish and bake for 25 minutes in the oven.

Chop the shallots in the mini bowl, using the pulse button.

Fry the shallots in the rest of the butter. Add the cider and leave to cook for 5 minutes.

Ingredients
(serves 4)

- 4 trout fillets (approx. 900g (2 lb))
- 2 shallots
- 60ml (21/4 fl oz) thick cream
- 300g (101/2 oz) sorrel
- 40g (11/2 oz) butter
- 1 lemon
- Few sprigs dill and chives
- 1 glass of dry cider
- 1 carrot
- Salt and pepper

Chop the sorrel using the main blade and add it to the contents of the frying pan. Leave to melt into the sauce, then add the cream and a little salt and pepper. Reduce the sauce over a low heat for about 15 minutes. Check seasoning and adjust to taste.

Arrange the fillets on warmed plates. Cover with the sauce.

Decorate with the dill, chives, lemon and slices of carrot.

Serve immediately.

Dessert

Apple Tart



Preparation: 25 min.
Resting: 1 hour.
Cooking: 40 min.
Equipment: mixing bowl, 25 cm (10-inch) tart ring or quiche tin

Ingredients
(serves 4)

- 1 shortcrust pastry
- 3 apples
- 50g granulated sugar
- 1/2 tsp cinnamon

Make the shortcrust pastry (see p.21).

Preheat your oven to 180°C / 355°F (gas mark 4)

Fill the tin with shortcrust pastry. Bake blind* for 20 min.

Slice apples and arrange them in concentric circles tight. Cook for 30 minutes.

Sprinkle granulated sugar and cinnamon before serving.



Vegetarian Menu

Starter



Preparation: 15 min.
Cooking: 35 min.
Equipment: saucepan, bowl

Ingredients
(serves 4)

- 150g (5 oz) Puy lentils
- 500ml (18 fl oz) stock
- 1 small onion
- 1 bay leaf
- 1 tsp crème fraîche
- 10 small croûtons
- ½ bunch chervil
- Salt and pepper

Lentil Soup

Tip the lentils directly into a cooking pot with the bay leaf and the onion, peeled and cut into quarters. Add the cold stock. Bring to the boil and cook for 30 minutes.

Drain the lentils and reserve the cooking liquid. Next, tip the lentils into the main bowl, fitted with the main blade and the BlenderMix attachment, then blend, gradually adding the stock via the feed tube in order to thin the soup.

Return the soup to the saucepan and re-heat over a low heat.

Place the croûtons (cubes of bread fried until golden) in the bowl and cover with the creme fraiche, then pour in the soup. Stir.

Scatter with the chopped chervil and serve immediately.

Main Course



Preparation: 20 min.
Cooking: 60 min.
Equipment: cake tin

Cheese & Potato Pie

Slice the potatoes using the slicer disc and grate the Cheddar cheese using the grating disc. Cook them for 15 minutes in the milk, seasoned with salt and pepper.

Leave to cool.

Pre-heat the oven to 240°C / 465°F (gas mark 8).

In the main bowl, fitted with the main blade, mix the creme fraiche, nutmeg, a pinch of salt and the 3 eggs, adding them one by one.

Butter the tin and line with 500g puff pastry.

Add one layer of cheese, one layer of potatoes and finally a second layer of cheese.

Ingredients
(serves 4)

- 5 medium potatoes
- 1 kg puff pastry
- 400ml (13 ½ fl oz) milk
- 3 eggs + 1 egg yolk
- 100g (4 oz) crème fraîche
- 150g (5 oz) grated Cheddar cheese
- 1 tsp ground nutmeg
- Salt and pepper

Pour over the egg mixture. Cover with the rest of the puff pastry, sealing the edges of the pastry sheets firmly together.

Brush the pie lid with the egg yolk, then make a small hole in the centre to let the steam escape.

Place the pie in the oven. After 15 minutes, cover with a piece of aluminium foil and continue baking for a further 15 minutes.

After this, turn the oven down to 210°C / 410°F (gas mark 6-7) and bake for 30 more minutes.

Dessert

Plum Clafoutis

Preparation: 15 min.
Cooking: 40 min.
Equipment:
pudding dish

Ingredients
(serves 4)

- 3 large purple-skinned plums
- 100g (4 oz) plain flour
- 2 eggs
- 75g (3 oz) caster sugar
- 25g (1 oz) butter
- 120ml (3 ½ fl oz) luke-warm milk
- 1 pinch of salt

Wash and stone the plums. Cut each into 6 and set aside.

Pre-heat the oven to 180°C / 355°F (gas mark 4).

Put the butter into a bain-marie* and melt.

In the main bowl, fitted with the main blade and the BlenderMix attachment, combine the flour, sugar and salt. With the machine running, add the eggs one by one via the feed tube, followed by the melted butter. Pour the milk in through the feed tube and blend until the mixture reaches a smooth consistency.

Generously butter the dish and pour in the preparation. Scatter the plum pieces over the top.

Bake in the oven for 40 minutes. The cake should shrink away from the edges of the tin when it is cooked.



Southwestern Menu

Starter



Preparation: 20 min.
Cooking: 30 min.
Equipment: mixing bowl, frying pan

Ingredients
(serves 4)

- 5 medium potatoes
- 3 garlic cloves
- 40g (11/2 oz) butter
- 4 tbsp oil
- 5 sprigs parsley
- Salt and pepper

French Rösti

Peel, rinse and dry the potatoes.

Peel the garlic.Wash and dry the parsley. Put both ingredients in the mini bowl. Pulse a few times. The mixture should be chopped, not puréed. Set aside.

Grate the potatoes using the 2mm grater disc (first, cut any large potatoes in half).

Put the grated potatoes, chopped garlic and parsley, salt and pepper in a large bowl. Mix well.

In a frying pan, heat half the oil and half the butter. Tip in the mixture, press it down firmly and cook over a moderate heat for 15 minutes.

After this time, the rösti should be golden brown. Turn out onto a plate. Heat the remaining oil and butter. Slide the rösti back into the pan to brown on the other side and leave to cook for a further 15 minutes.

This preparation can be served as small individual potato cakes, using a small round cutter as a mould.

Main Course



Preparation: 20 min.
Cooking: 55 min.
Equipment: saucepan.

Monkfish in a Red Wine Sauce

Cut the monkfish fillets into 100g (4 oz) pieces.

Wash the leeks. Cut off the green part and the roots. Slice them using the 2-mm slicer disc, standing them upright in the feed tube. Set aside.

Clean the mushrooms. Slice and set aside.

Pour the fish stock into a pan and bring to the boil.

Lower the heat and poach* the pieces of fish for 3 or 4 minutes.

Keep them in a warm place.

Ingredients
(serves 4)

- 4 monkfish fillets (1.2kg or 2 lb 9 oz)
- 1 bottle red wine (Médoc, if possible)
- 1 litre (13/4 pt) fish stock
- 1 tbsp oil
- 3 shallots
- 3 leeks
- 400g (14 oz) mushrooms
- 1 garlic clove
- 1 bay leaf
- 1 sprig thyme
- 2 cloves
- Salt and pepper
- Croûtons

Sauce: in a pan, fry the shallots, leeks and mushrooms in the oil for 10 minutes. Use the main blade to chop the garlic and add to the contents of the pan, along with the bay leaf, thyme and cloves. Add the wine and reduce the sauce by one third (about 25 minutes). Season with salt and pepper.

Next, add the fish and simmer for 15 minutes. Taste and adjust the seasoning if necessary. Serve piping hot with croûtons.

Dessert



Preparation: 30 min.
Cooking: 15 min.
Equipment: pan, sieve, stemmed glasses.

Spiced Pears

Ingredients
(serves 4)

- 4 Conference or Comice pears
- 1/2 lemon
- 2 oranges
- 100ml (3½ fl oz) grenadine syrup
- 200g (7 oz) sugar
- 10 black peppercorns
- 1 clove
- 1 pinch of ground nutmeg
- 1 piece cinnamon stick
- 1 litre (1¾ pt) cold water

Pour the sugar and water in a pan, add cinnamon, nutmeg and peppercorns and bring slowly to the boil. Turn off the heat and leave this syrup to infuse for 10 minutes.

Peel the pears, rub them with half a lemon to prevent them from browning and poach* them for 15 minutes in the syrup over a low heat.

During this time, juice the orange using the citrus press.

Drain the pears and strain the syrup through a sieve. Boil this liquid to reduce by half, add the orange juice and grenadine syrup, then reduce once again by half.

Put the pears back in the syrup and leave to cool, turning them several times.

Serve in individual stemmed glasses, pour over the syrup and decorate with strips of orange peel.



Cocktails / Milkshakes

Strawberry milkshake



Preparation: 5 min.

Ingredients

- 100g (5 oz) fresh strawberries
- 150ml (10 fl oz) fresh milk
- 1 tbsp sugar
- 1 scoop vanilla ice cream
- 1 dash lemon juice

Wash and drain the strawberries. Hull* them.
Put the strawberries in the bowl with the main blade and the BlenderMix attachment. Pulse 3/4 times.
Add the sugar and ice cream and blend.
Gradually pour the milk in through the feed tube, before adding the dash of lemon juice.
Blend for 1 minute to obtain a frothy drink.
Serve chilled in glasses.
Tips: out of season, you can replace the fresh strawberries and vanilla ice cream with 4 scoops of strawberry ice cream.

You can make an infinite variety of milkshakes by using different flavours of ice cream and, if necessary, combining them with seasonal fruit.

Coffee milkshake



Preparation: 10 min.

Ingredients

- 150ml (5 fl oz) milk
- 2 tsp instant coffee
- 2 tsp sugar
- 2 tsp cocoa powder
- 3 ice cubes

In the bowl fitted with the metal blade and BlenderMix attachment ,pour milk, coffee, sugar, cocoa and ice. Let it run for 1 minute.
Serve in glasses.
Sprinkle with cocoa powder.
Enjoy immediately.



Mango lassi (yoghurt drink)

Preparation: 5 min.

Ingredients

- 1 mango
- 1 smooth yoghurt
- 1 tsp honey
- 1 tbsp lemon juice
- 150ml (5 fl oz) water

Peel the mango.
Put it in the bowl fitted with the main blade and the BlenderMix attachment the yoghurt, honey and lemon juice.
Blend for 30 sec., gradually adding the water via the feed tube.
Tip: For extra zing, try chopping a few mint leaves in the mini bowl and adding them to your cocktail.



Ice-cool blackcurrant and kiwi cocktail



Preparation: 10 min.

Ingredients

- 2 kiwi fruit
- 3 scoops blackcurrant ice cream
- 200ml (7 oz) Indian tonic water.

Peel the kiwi fruit pieces into pieces and put in the bowl fitted with the main blade and the BlenderMix attachment. Pulse 4/5 times.
Add the blackcurrant sorbet. Blend for 1 min.
Pour the Indian tonic water in through the feed tube and blend.
Serve chilled in glasses.

Melon, raspberry and strawberry cocktail



Preparation: 5 min.

Ingredients

- 1/2 melon
- 100g (3 oz) strawberries
- 100g (3 oz) raspberries

Wash the raspberries and strawberries.
Deseed the melon and scoop out the flesh.
Put all the fruit in the bowl with the main blade and the Blendermix attachment and blend for 20 sec.
Tip: For extra zing, try chopping a few mint leaves in the mini bowl and adding them to your cocktail.

Pear and honey nectar



Preparation: 10 min.

Ingredients

- 2 ripe William's pears
- 1tbsp honey
- 2 pinches cinnamon
- 250ml (8 fl oz) water
- 2 tbsp lemon juice

Peel and core the pear.
Cut into pieces and sprinkle with lemon juice.
Put the pear, cinnamon and honey in the bowl with the main blade and the BlenderMix attachment.
Pulse 3 times then, while the machine is running, gradually add the water via the feed tube.
Serve chilled with ice cubes.



Baby food

Carrot Parmentier



Preparation : 5 min.
Cooking : 15 min.

Ingredients

From 6 months onwards
- 50g potato
- 100g carrot
- 20g minced beef
- 1 tbsp butter

Wash the potato and carrot, peel them and cut into pieces. Steam the vegetables and the beef for approximately 15 min. Place all the ingredients in the mini bowl and pulse 4/5 times, then blend to obtain a smooth purée.

Creamed salmon



Preparation : 3 min.
Cooking : 20 min.

Ingredients

From 12 months onwards
- 30g boneless salmon
- 50g potato
- 50g lettuce leaves

Wash the vegetables, peel the potato and cut into 2cm pieces. Steam the vegetables for 10 min. Add the salmon to the steamer 5 min. before the end of the cooking time.
Place the cooked vegetables and fish in the mini bowl and pulse 5/6 times, then blend for 20 sec. Serve warm.

Creamed broccoli and gruyère



Preparation : 3 min.
Cooking : 20 min.

Ingredients

From 9 months onwards
- 150g broccoli
- 20g grated gruyère cheese

Wash the broccoli florets, cut into quarters and steam for 20 min. Place the cooked broccoli in the mini bowl and pulse 4/5 times. Add the gruyère and press the pulse button 2/3 more times until the cheese has completely melted.

Pear and vanilla dessert



Preparation : 5 min.
Cooking : 15 min.

Ingredients

From 6 months onwards
1 large pear
½ sachet vanilla sugar

Peel and core the pear and cut it into large pieces. Place it in a saucepan with 3 tablespoons water and simmer for approximately 15 min. over a low heat. Place the cooked pear in the mini bowl with the sugar and pulse 5/6 times. Allow to cool slightly.

Apple and kiwi dessert



Preparation : 8 min.
Cooking : 20 min.

Ingredients

From 9 months onwards
1 Golden Delicious apple
1 ripe kiwi fruit
1 sachet vanilla sugar

Peel the apple and kiwi fruit and cut into small pieces. Place the fruit in a saucepan with the sugar and 6 tablespoons of water and simmer for 20 min. over a low heat.
Pour the contents of the pan into the mini bowl and pulse 5/6 times, then blend for approximately 1 min. to obtain a smooth purée. Allow to cool completely before serving.

Fruit cream



Preparation : 5 min.

Ingredients

From 12 months onwards
100 g raspberries
1 ripe banana
½ sachet vanilla sugar

Cut the banana into large pieces and place it in the mini bowl with the raspberries and sugar. Pulse 4/5 times, then blend for 10 sec. to obtain a smooth purée.

B

Bain marie
To melt chocolate or heat a sauce gently, the ingredients can be placed in a bowl over a pan containing very hot (but never boiling) water.

Bake blind
Bake an empty quiche or piecrust, i.e. without its filling.

F

Fresh yeast
Can be bought in bakeries or health food shops. If you use fresh yeast keep it cool. Dry yeast bakery is easily available in supermarkets. It can be kept longer (approax. 6 months). If you use dry yeast divide the quantity of fresh yeast by 2.

H

Hull
Remove the stalk and central part of strawberries.

P

Piping bag
A triangular bag made from cloth or paper that can be filled with cream, mayonnaise, etc. The latter is then forced (piped) out through a nozzle to decorate sweet or savory food.

Poach
Gently cook food in a liquid (water, court-bouillon or sauce), never allowing it to come to the boil.

Prove
After the dough has been shaped or put into tins, leave in a warm place to rise again.

R

Reduce
Simmer over a low heat so that some of the liquid evaporates.

S

Sandwich tin
Round tin with a high edge. It used for cooking clafoutis, chocolate cakes...

Scrape out
Remove the ingredients in the bowl using the spatula.

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